

Champion Alliance Program Partner Updates

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Executive Director

Fresno Center for New Americans

Fresno Center for New Americans

- ❑ Fresno Center for New Americans' mission: "Empowering New Americans"
 - Living Well Program (LWP)
 - Holistic Cultural & Education Wellness Center
 - Young Adult Empowerment & Advocacy Project
 - Community Garden Project
 - Parent Engagement SE Asian
 - Healthy Eating
 - Healthy Living in America
- ❑ FCNA has been in existence for 25 years.
- ❑ FCNA serves Fresno County residents.

Progress & Impact

- ❑ Overall CAP goals and objectives:
 - Get better Health4All
 - Healthy eating & physical activity
 - Partnered with Kaiser, Fresno County, Southeast Asian organizations
- ❑ FCNA serves about 3,000 clients a month.



Challenges & Solutions

Challenges:

- ❑ Difficulty recruiting Hmong Champions due to work and family commitments.
- ❑ Hmong women have limited time and need family approval.

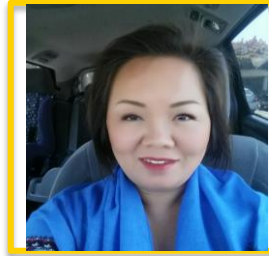
Solutions:

- ❑ Motivating more Hmong members to become role models for the Hmong community.
- ❑ Providing incentives.

Cultural Insights

- ❑ Use Hmong traditional food for demonstrations to encourage healthy eating.
- ❑ Use local Hmong media outlets (TV and Radio) to spread the key CAP messages.
- ❑ Share personal success stories to encourage hope.

Our Champions





Cyndee Lor

Champion Mom

- Cyndee is a mother of five.
- Her decision to make healthy choices began more than 4 years ago when her husband discovered he had type 2 diabetes.
- To help her husband improve his health and maintain his blood sugar, Cyndee started changing the way she cooked meals at home and began buying healthy food.
- Some of the healthy things she does in her community include helping her parents at their farm and providing healthy, nutritional food for the women at her church.



Sheng Lee

Champion Mom

- Her passion started a few years ago when she noticed that her family was slowly gaining weight.
- She realized she had to do something about it, so she began changing the way she cooked.
- She started preparing healthier meals, adding more vegetables and leaner meats. She also stopped buying sodas and chips.

Questions?

